



“Inspiring Others to Inspire Each Other”

Annual Report 2017-2018

Introduction

Street Fit Scotland is a not for profit Scottish Charitable Incorporated Organisation (SCO46638) and Social enterprise. It was founded in 2014 by our Chief Executive Michelle Reilly. Street Fit Scotland delivers a comprehensive programme of events centred on health, fitness and well-being, the aim being is to reduce social isolation and loneliness for people who are living in all types of homeless accommodation, have been affected by this and are vulnerably housed. We are an inclusive organization and we welcome individuals at any stage of their recovery from homelessness. We actively support a number of people who experience issues around mental ill health; drug and alcohol problems; self-harm; anger management; chronic suicide talk; offending behaviors; Post traumatic stress disorder and complex trauma. Street Fit Scotland is also a social environment that fosters kindness to oneself and others, alongside giving people the opportunity to develop the confidence that they can become **Street Fit for Life!**

Community-companionship & support

We have created a community ethos that helps human beings who are coming through tough times to believe in themselves again; a supportive community with their peers. Together, people form positive friendships with each other and create positive role models. In doing this we are helping people to map out a way back into their community; enabling a re-integration back into society. Our *Community Room* is both a hive of activity and a safe space where you are accepted as you are, and it is this acceptance that enables re-integration back in to life!

Our ethos is built around doing things together. We build good, solid, positive relationships with each other and encourage the participants to do this with any service that they are engaged in, to allow them to make the best of their situation and get the best results for their lives.

Street Fit Scotland's overall aim is to put the individual in a position where they are given the opportunity to change their behaviors and lifestyle, taking control over their physical and mental health, for example, is one way this is achieved. We offer people the chance to engage in all our sessions or just drop in to 1 or 2 sessions, depending on what suits the needs of the individual at the time; we sit down and work out individual needs and a plan of engagement that suits them where they are in their lives.

Becoming physically active-feeling good being you-participating!

We want people to be more active day to day whether they exercise at home, using the skills they have learned from us or go for a walk, run or jog; doing what they need to help them deal with the stress that they carry. Our main tool is our physical fitness sessions and being part of a group. We start by building confidence and raising each participant's self-esteem, with a view to encouraging them to see that the option of regaining their self-respect is real, and achievable. We want our society to be a safer, healthier and secure place, a society that our engagers/participants can learn, flourish and grow stronger in, and by them becoming active citizens, they engage in that process of building a better and safer society.

The importance of participating together

We welcome any staff member to participate alongside the person that they are referring, this invite extends to family members, and indeed anyone who is a significant other that supports the individual. We offer the staff that works with the person they have brought along, to access our programme to ensure that they equally have the opportunity to get healthy, fit and well. We do things this way because we are aware that it takes a lot of courage to access fitness sessions and gyms, and by engaging the staff and family members/others, you reduce the barriers to participation. The individual that is referred to our service does not sit isolated as a *referred* person left to survive in this new active, social space, instead they are introduced in to a shared experience like no other.

Street Fit Scotland Fitness Session 2017-2018

Reclaiming environmental spaces-being in the open air!

Street Fit Scotland delivered 19 weeks of *Outdoor Fitness Sessions* at Edinburgh Meadows, from May 2017 to September 2017. We welcomed 15-20 participants each week, these sessions were provided in the evenings as we recognised that there is a gap in service provision for vulnerable people out-of-hours; evenings are a particularly lonely time for many. The idea was to get people out in the fresh air exercising in green spaces, in a sense encouraging them to reclaim environmental spaces that they may have felt excluded from. People thrived in the open air, something you can see in their faces in the BBC2, Timeline

documentary about Street Fit Scotland, in part the open air was experienced as a less intimidating space than entering local gyms.

Street Fit Scotland delivered and provided a 6-week Beach Camp that engaged 15 participants successfully at Portobello beach. This was a very successful Pilot study. We intend to deliver this again in 2018 at Gullane Beach. This will involve a 1 hour fitness session, and 1 hour of picking up plastic and rubbish. We will provide a healthy lunch, water, sun lotion and fruit; working in the open air builds a healthy appetite!

Partnership working

Street Fit Scotland works in partnership with Edinburgh Leisure through the Community Access Programme. Through this partnership we are able to deliver comprehensive high intensity, aerobic and resistance based exercise classes; Edinburgh Leisure provides us with their coaches. These sessions can be delivered to up to 20 participants at a time. The session runs for 1 hour followed by a healthy lunch in our *Community Room*, with a peer group meeting to discuss, for example, any adaptations we can make for our participants, this gives them an opportunity to have a voice and allows us feedback so that we can continue to shape the service we provide, to meet the actual needs of participants.

Peer-guided working together-meeting people

Street Fit Scotland also supports participants to access the full range of facilities on offer at the Royal Commonwealth Pool, for example, we hold a more peer-guided gym group twice a week. Each peer-guided session we offer is designed to re-integrate the participants into local gyms-their local community base-, to encourage lifestyle change where they live. Between 10-15 people attend these sessions, and everyone is encouraged to work as a team and support each other. The teamwork improves confidence, and encourages self-belief and self-esteem, whilst having the added bonus of ensuring that the participants have the opportunity to mix together with a general public that they may be unfamiliar being in the company of.

Street Fit Scotland designed fitness sessions-and Zumba classes!

We have developed and deliver our own indoor fitness sessions over the winter period to ensure our participants are able to continue to be active and healthy; this fills in part the gap left when summer sessions finish. This takes place at the Charteris Centre which is a Social Enterprise, an accessible, centrally based venue that has many community activities running throughout the week. An important part of these fitness sessions, is teaching participants how to exercise at home, and we finish off each session with Boxercise to release stress, anxiety and frustration. Again, eating together follows these activities.

Zumba dance classes are a new addition to our repertoire of activities, and hugely appreciated and fun. We were approached by two Zumba dance instructors who now volunteer with us and deliver a 1 hour long session, every Friday evening at the Charteris Centre. The Zumba is a really popular session which is fun and friendly, and leaves people smiling on in to their weekends!

Scottish Government & Legacy 2014 Commonwealth Games

All of the above sessions have been designed and developed to support the Scottish Government's active framework and passion about reducing health inequalities; supporting the inactive to be active and choose a healthier lifestyle that brings positive benefits for the individual and communities. The Legacy 2014 team at the Scottish Government provided us with one year's funding, and we are grateful to them for recognizing how important this work is; their funding is why we have been able to deliver all of the above sessions, and make a difference in our communities.

Street Fit Scotland 2017-2018-healthy eating!

Food and Nutrition workshops – 12 weeks

Healthy eating is something we encourage at all times when we eat together in our *Community Room* and now alongside the messages we give, we are able to offer focused workshops. The workshops are delivered by Edinburgh Community Food, they approached us and asked if they could collaborate with us to provide Diet and nutrition workshops in our *Community Room*. This is a successful collaboration, and the workshops are well attended. The 10 participants, who have attended, learned about eating a balanced healthy diet; sugar levels in food and soft drinks; and the importance of hydration and food in order to keep our bodies physically and emotionally well. Due to the levels of literacy skills amongst the group some were unable to complete the certificating exam, however, they developed social skills, improved communication in groups, and also learned about the food traffic light system that Edinburgh Community Food teach. Three of the participants did an advanced piece of work, and managed to complete 2 certificates each, one in Elementary Food Hygiene and the other an Elementary Food and Health Certificate. It has been a really encouraging experience to see how those who were able to do advanced courses, and those whose literacy skills disadvantaged them, each found doing these workshops important, and the learning in a supportive, non-judgemental environment, meant that everyone was able to feel excited with their achievement and learning.

Participant's Evaluation and Feedback

The Street Fit Scotland participants are the heart of everything that we do so we continue to give them a voice and asked 4 key questions to ensure that we are getting it right for everyone. We put up blank sheets of paper in our community room and here is what they said:

Question 1

What are the benefits of The Street Fit Scotland Health, Fitness and well-being programme?

Life routine for the Better” “Exercising in a fun environment” “safe positive environment” “Instant mental health benefits” “Looking out for each other and being part of a mutual/respectful group” ”Meeting new and great people” “Learning skills that will stay forever” “Meeting likeminded people who support me with my anxiety” “I feel non-judgemental people positively and get fit fast, and out of the hostel to overcome my personal issues” “More engaging with my Peers and supporting each other along the way.” “This programme has change my life”

Question 2

How has your health improved?

“My mental and Physical health has really improved since I started” “Feel good about myself” “Feeling better about myself already and I have just began” “Feel good factor for myself and others in the group” “Going to college and living life again” “Confidence to get a job and work full-time for the first time in my life.” “ I have now been to the dentist and got my smile back” “ SFS has saved my life”

Question 3

Why do you attend our programme?

“Exercise, socialise, routine” “Cause it makes me feel good” “ gives me somewhere to go and be part of something (Make a difference)” “Anxiety is my main issue that I have to work on. Coming to SFS is allowing me to meet new people who help me build back up my self-

confidence that helps me deal with life” “For friendship and to get Fit, Stay fit.” “I sleep better, eat better and now live life”

Question 4

How can we improve our service?

“To be gifted a mini-bus...” “More funding...” “It’s already awesome!”

Achievements & recognition for the work of Street Fit Scotland

Events invited to: 2017

In 2017 we were invited and attended the following networking events

Scottish Government Spirit of 2012 @ St John’s Church

NHSL Mental Health & Wellbeing @ Napier University (main speakers)

Homelessness Faculty Conference @ Surgeons Hall

Scottish Government Queens Baton Relay @ Stirling Castle

It’s a Wonderful life (Gamechanger) NHS Hibernian Stadium, Easter Road, Edinburgh.

Media Recognition:

SFS was approached by the Scotsman newspaper about our outdoor Fitness session this resulted in an article that was published in July 2017.

We were then approached by BBC 2 who interviewed several participants this led to a short film that was shown on the BBC2 Timeline show. This was the slot for the best project in Scotland.

Personal Recognition: Our Founder/Chief Executive was nominated for the following:

Great Scot Award Nomination for Specsavers Community Champion Award

Evening News Top 30 people in Edinburgh for 2017: was recognized at No 21

Donations and Events:

Edinburgh Running Network

Harmonix Construction Essex

Edinburgh Lothian Health Fund

Cast Consultancy

Individuals – Carol Anne and Jimmy Cunningham

Individuals – Jean McKenzie

Next steps 2018!

- We will continue to work to reduce health and social inequalities by continuing to take the same person centered approach that we always have.
- We will continue to reduce the barriers to participation in sport and physical activity by socially disadvantaged groups and the unemployed.
- We will continue to provide our services in locations that are accessible, to reduce health inequalities (i.e. links to public transport routes).
- We will continue to involve our participants in shaping our programme of activities, not just by listening to the feedback from our participants but by putting it into action.
- We will continue to maintain a culture and ethos of service that is collaborative and seeks co-produced benefits, including health and well-being benefits, through our co-working alongside participants in all our activities.
- We will develop more workshops that are around self-care, health, fitness and well-being and peer support groups.
- We will continue to collaborate with Edinburgh Community Food, to deliver food shopping, budgeting and cooking classes to the Street Fit Scotland participants; building life skills.
- We will continue to deliver our outdoor fitness sessions at Edinburgh Meadows and use green spaces in Edinburgh City.
- We will continue to deliver the Beach camp at Gullane beach and help clear away any rubbish and plastic.
- We will continue to work in partnership with Edinburgh Leisure to deliver indoor fitness sessions and gym based groups.

- We will continue to do?... whatever our participants tell us enables them to be **Street Fit For Life!**

How can you help us achieve our next steps?

We need to secure funding and sponsorship that will allow us to continue with the good work that we do, and achieve all of our next steps, for example, that of getting more socially isolated people, who are living in homeless accommodation of all types, engaged in all our activities. Funding will also help us develop an aftercare programme for those that have gained their own tenancies, so they can recover from the experience of being in vulnerable situations. Additional funding will help us continue to support individuals who experience issues around mental health, for example. With funding we will also be able to spread the ethos of Street Fit Scotland, ie our doing things together message, ensuring that the voices and experiences of the least advantaged communities are taken fully into account in planning and delivering of all services for them. We have had 78 participants through our programme in 2017-2018 with funding we can continue this great work.

Acknowledgments:

Thank you to the board of trustees for their continued support. The participants for Engaging in our service. The Scottish Government (Legacy 2014) team for funding us. The Coaches, and volunteers. The partnerships that we have developed with Edinburgh leisure, Edinburgh community Food, and the fundraisers, donators. Pace print for giving us a base to work from. We are very grateful for your support.

